

**Aug 15-21, Theme of the week**



**Be a Successful CEO!**

People with a poor mindset  
expect to lose by fate:  
when opportunities arise,  
they won't go through the gate.

**Successful people do not think  
they're limited at all;  
they look for every opening,  
and even climb the wall.**

You can become the CEO  
if you have the vision,  
but you must decide you will,  
and act on that decision.

-Grandmaster Y. K. Kim-

**5** Martial Arts World  
**FITNESS**

# **Aug 15-21: Breaking and Poom-Se**

**15-Monday: Poom Se with philosophy**  
**9 Style of Poom Se**

**16-Tuesday: Breaking with philosophy**  
**5 styles of breaking**

**17-Wednesday: Poom Se with philosophy**  
**9 Style of Poom Se**

**18-Thursday: Breaking with philosophy**  
**5 styles of breaking**  
**Poom Se with philosophy**  
**9 Style of Poom Se**

**19-Friday: 5 style of breaking**  
**9 Style of Poom Se**

**20-Saturday: Black Belt & Instructor Club class**  
**Basic class (all belt including white belt)**  
**DEMO Team class**

**21-Sunday: Self-practice: Energy Meditation-**  
**Power Exercise-Basic**

1. Tip testing: White Tip: Breaking / Yellow Tip: Poom-Se / Green Tip: Self-Defense / Purple Tip: Philosophy

2. MOTIVATION: Theme of the week / NEW- information